



Heritage Hills Newsletter

SEPTEMBER 2022



Heritage Hills Society Information

Address 8 Heritage Hills, Somers, New York 10589

Website www.hhsociety.org

Television..... Channel 21

CONTACT INFORMATION – EMAIL

Society society@hhsociety.org

Activities Office..... activities@hhsociety.org

CONTACT INFORMATION – TELEPHONE

Security 914-276-2592

Bus..... 914-276-2877

Society Office 914-276-2908

Library..... 914-276-7655

Activities Office..... 914-276-2636

Fitness Center 914-669-5028

EMERGENCIES 9-1-1

Hours of Operation

Activities Center

Building.....9 am to 11 pm

Activities Office.....9 am to 5 pm

Society Office.....9 am to 1 pm

Fine Arts Center.....Group instruction and free time are scheduled by the Activities Office at 914-276-2908

Library.....Monday thru Friday Noon to 3 pm

Fitness Center & Gym...Daily 4:30 am to 11 pm

Lake Lodge.....9 am to 11 pm

Meadowlark ParkDawn to Dusk

Park Place.....Dawn to Dusk

Bus Service – Weekdays Only (except holidays) – 914-276-2877

Goldens Bridge MetroNorth Station Trips

Morning to/from: 5:15, 5:45, 6:45, and 7:45 – **Reservation Required**

Evening **PICK-UPS ONLY**: 5:35, 6:35, 7:35, and 8:35 – **No Reservation**

Midday Trips – Reservations Required

To Activities Center, Lake Lodge, Meadowlark Park, and off site, including Goldens Bridge MetroNorth Station

Outbound, hourly 8:45 am to 2:45 pm

Inbound, hourly 9 am to 3 pm; 3:45 pm

To Pools 2 thru 5 / Tennis areas

To: 8:45 am (pool 4), hourly, 9:45 am to 2:45 pm

Hourly from 11 am to 3 pm; 3:45 pm

UTILITIES CONTACT INFORMATION

Comcast 800-934-6489

NYSEG..... 800-572-1131

Water/Sewer (Veolia)..... 877-426-8969

ConEd 800-752-6633

Verizon 800-922-0204

SERVICES FOR SENIORS

TOWN OF SOMERS SENIOR SERVICES - 914-232-0807

Barbara Taberer, Director

Hot Lunch

- At Van Tassel House – **Free Transportation Available**
Monday thru Friday at noon
- Delivered to home-bound, Monday thru Friday
Meals leave Van Tassel House for delivery starting at 11:30 am
Suggested contribution: **\$3** per meal

Medical Appointments - Transportation Available

Tuesday thru Thursday, 10 am to 3 pm

Suggested round-trip donation: **\$10**

Shopping Trips by Bus

Monday and Fridays at 10 am

Suggested round-trip donation: **\$2**

OTHER SENIOR SERVICES

RideConnect - 914-242-7433

Transportation services seven days a week. Call to register.

Medicare - 800-633-4227 and medicare.gov

Medicare Rights Center – 800-333-4114

EPIC - 800-332-3742

New York State Senior Prescription Reduction

My Second Home - 914-241-0770

Geriatric Day Care Intergenerational Program

Westchester County Senior Programs and Services - 914-813-6300

Referral agency for senior services including legal - 914-949-1305

Social Services: 914-995-5889

SERVICES FOR ALL AGES, INCLUDING SENIORS

AA - 914-949-1200. Info and literature National Council on Alcoholism

Adult Protection Services Intake - Natalie Siler 914-995-2259.

Cancer Care - 800-ACS-2345

Northern Westchester Hospital - 914-242-8115

Putnam Hospital - 845-279-5711

The Dominican Sisters - Family Health Service 914-941-1654

Long- and short-term registered nurses.

Hospice - 914-666-4228 - Visiting Nurse Association State-certified program providing home health care and emotional support for terminally ill patients and their families

Project Time Out / Jewish Community Services - 914-761-0600 - Provides in-home respite services matching families with trained sitters/companions. Contact Judy Fink, Coordinator, ext. 340; Carol Kobroff, Respite Specialist, ext. 310

Transportation for Cancer Treatments (free):

American Cancer Society Road to Recovery program. 800-227-2345

Transportation for Disabled Residents - County Office of Transportation 914-813-7777

Para-Transit - 914-995-7272 provides modified vans with ramp for curb-to curb service. Fare \$5 each way. Medical pre-authorization required. For eligibility call 914-995-2960.

Private Ambulette Services

Superior Brewster 845-278-6992

CLC Trans 914-241-0112

Ambulance: Westchester EMS 866-666-9367. Accepts Medicare.

Westchester County Office for the Disabled, includes hearing-defect

Lighthouse Inc. - New York City 212-821-9200. For sight impaired.

Veterans Guide to VA Health Care Benefits -

VA Hudson Valley Health Care System - 800-269-8749

Monday through Friday 8 am - 4 pm

Visiting Nurse Association of Hudson Valley

914-666-7616 - 8:30 am - 5 pm - Home care aides nursing, Nutrition consultation

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MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF COVID VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS, AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

TWO GUESTS PER UNIT LIMIT

WELCOME TO HERITAGE HILLS EXPO

Saturday, September 10, from 3 to 5 pm in the Heritage Room

Here is your chance to learn about everything Heritage Hills has to offer. To learn how to register – **by September 1** – see page 7 of this issue.

* * *

BOCCE TOURNAMENT

By Diane Purr

Saturday, September 10, at 8:30 am

Rain date Saturday, September 17, at 8:30 am

Come on down!! Gather your own team of 4 players. **Registration deadline is September 3** – no registration forms will be accepted after that date. The forms are available at the Activities Center. Complete the form and leave it in the Bocce mail slot with a check for \$16 (\$4 per player) payable to Diane Purr.



* * *

THE WOMEN'S CLUB

Submitted by Phyllis Bradbury

PIZZA PARTY

Wednesday, September 14, at 12:30 pm in the Heritage Room

Welcome back! We hope your summer was and continues to be exciting. We have planned this Pizza Party to restart our meetings. **Members only** can join us for pizza, salad, coffee, and dessert; water will also be available. Checks for \$12 per person, payable to "Women's Club," **must be received by September 6** in the Women's Club mail slot outside the Activities Office. Table seating is for a maximum of eight people. For groups, indicate this and submit all checks in one envelope. Flyers are available at the Activities Office. For more information, call Joan at 914-276-0488 or Angela at 914-276-0056.

If you would like to know more about our club, please call membership chairperson, Alfreda Savarese, at 914-617-2007.

ON THE COVER

Susan Williams found this Tiger Swallowtail butterfly drinking the nectar from a blossom on her dahlia plant on the deck of her Condo 24 unit, and has seen many of them, as well as Swallowtail and Monarch butterflies, in the Community Garden.

HERITAGE HILLS NEWSLETTER COMMITTEE

Editor in Chief: Susan Statkowski-Rivalsi; Graphic Editor: Annette Bensen
Writers/Editors/Photographers: Phyllis Bradbury, Dassi Citron,
Terry Clifford, Cindy Kennedy, Shirley Kesselman, Karl Milde,
Stan Herz Pearlman, Elizabeth Royston, Keri Reitman Schnapper

HERITAGE HILLS RESIDENT ART SHOW

By Terry Clifford

SAVE THE DATES:

Saturday, October 8, from 10 am to 6 pm

Sunday, October 9, from 10 am to 4 pm



APPLICATION DEADLINE: Wednesday, September 7

The Annual Heritage Hills Art Show is rapidly approaching, and the Committee is accepting applications to exhibit from our resident art community.

The Application Form is available on page 7 of this issue, in the Activities Office, or on the hhsociety.org website. Art Show guidelines are detailed on the reverse side of the form. Return the Application by September 7 to the Activities Office. Clearly describe the artwork you are submitting.

Show setup is Friday, October 7, from 9 am to 3 pm

VOLUTEERS ARE NEEDED. Do you have a few hours to assist with installing the artwork to be displayed? Send your contact information to mattesjack@yahoo.com by September 10. **WE NEED YOU!**

If you have any questions, contact the Activities Office at hhactivities@comcast.net or call 914-276-9576.

* * *

THE SINGLES CLUB

By Diane Purr

BINGO!

Thursday, September 15, at 6 pm in the Heritage Room.

Members only, \$5 per person. Dessert and coffee included. Seating is limited, so get your checks in and note all members you want at your table. **RSVP no later than September 8.**

If you have any questions, contact Pat Caruso at 914-276-2224 or Olga LaBoy at 914-276-2646. Hope to see you there!!

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CONTINUING EDUCATION CLUB

Submitted by Rosetta Benson

The following lectures will be presented in person in the Heritage Room. **Proof of COVID vaccinations and boosters required.**

SAMUEL UNTERMYER: FORGOTTEN HERO

Lecture by Stephen Byrns,
Founder and President of Untermyer Gardens Conservancy

Tuesday, September 13, at 1:30 pm

The *public* Samuel Untermyer (1858–1940) was a member of New York's German-Jewish elite. A brilliant lawyer and investor, he was an outspoken advocate for some of the major causes of the 20th century:



Trustbuster and economic reformer, he was the lead architect of the Federal Reserve Act; An ardent "Suffragent," he was an indefatigable campaigner for women's right to vote; His was a voice for the people; he successfully argued to save the nickel subway fare; As early as the mid-1920s, he led the avant-garde fight against Nazism and warned the world about Hitler.

The *private* Untermyer, on the other hand, had a very different but no less passionate dream: to create the finest garden in the world on his 150-acre estate on the Hudson River in Yonkers. This lecture will conclude with the garden's evolution – from its heyday in the 1920s, to its descent into ruin in the 60s and 70s, and to its spectacular restoration today.

Admission: \$10 per person. Pay at the door. If you have any questions, call Ann at 914-617-9434.

WHO'S COUNTING?

THE EMERGING THREAT OF ELECTION SUBVERSION

Lecture by Derek Tisler



Tuesday, September 20, at 1:30 pm

For the past year, Derek Tisler, Counsel, Elections & Government, at The Brennan Center for Justice, has been documenting and analyzing a well-organized and deliberate political effort in the United States. The intent of this effort is (1) to

change voting laws, and (2) *to change the people* who determine how elections are administered.

In this lecture, Tisler will share with us why he considers this "political effort" an emerging *threat* of election subversion. Specifically, he'll answer: What is meant by election subversion? How have voting rights changed since 2020? How has the administration of elections changed? Why are the people responsible for ensuring fair elections leaving? How will these changes affect the 2022 midterm elections *and* the 2024 elections? What is meant by election subversion? How have voting rights changed since 2020? How has the administration of elections changed? Why are the people responsible for ensuring

fair elections leaving? and How will these changes affect the 2022 midterm elections *and* the 2024 elections?

Admission: \$10 per person. Pay at the door. If you have any questions, call Joyce at 914-617-2127.

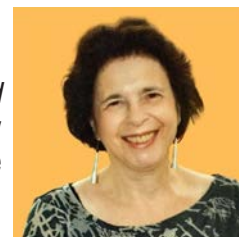
LITERATURE SERIES

Two Lectures by Maggie Seligman,
Award-Winning Teacher and Published Literary Scholar

TO KILL A MOCKINGBIRD by Harper Lee

Tuesday, October 11, at 1:30 pm

Harper Lee's novel *To Kill a Mockingbird* concerns itself with individuals who may be marginalized and/or victimized because of race, gender, physical disability, religion, class, or nonconformity to social or cultural codes. Though the novel is set almost 100 years ago, these concerns, unfortunately, remain relevant today.



THE GREAT GATSBY by F. Scott Fitzgerald

Tuesday, October 18, at 1:30 pm

F. Scott Fitzgerald's themes, use of language, and symbols are several reasons why *The Great Gatsby* is often considered the author's masterpiece. Moreover, his incisive look at *Jazz Age America* and the rich and *aspiring rich* who attempt to achieve the American Dream are further indications of why and how the novel continues to resonate with today's readers.

NOTE: While reading these novels ahead of time is not required, doing so guarantees a much more meaningful experience.

Admission: \$10 per lecture, paid at the door. If you have any questions, call Rosetta at 914-277-5217.

* * *



By Joyce Spector

ARTIE TOBIA: SINGER/COMPOSE

Performs Jewish Composers/Singers from the 70s

Saturday, September 17, at 7 pm in the Activities Center or on Zoom

Artie Tobia is an established recording artist whose influences are readily present in his own catalog of over 100 songs and who has made a career of honoring those who came before him. He has demonstrated a versatility to navigate varied genres and connect with his audiences through his soulful delivery and emotional style.

Admission is \$15 per person in the Activities Center – **proof of vaccination and booster is mandatory** – and \$15 per family via ZOOM link. Light refreshments will be served. Place your checks in our mailbox along with your name, phone number, and email address **no later than September 14**. If you want to sit with friends, place all checks/information in one envelope. If you have questions call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

FIDDLING AROUND THE WORLD: SINGER COMPOSER LISA GUTKIN

Sunday, October 2, at 1 pm in the Activities Center

Lisa Gutkin is the Grammy Award-winning violinist, singer, and songwriter of the well-known band The Klezmatics, and as a composer, music director, and actor, who performed in the Tony Award-winning play *Indecent*, by Paula Vogel. Ms. Gutkin has co-authored songs with Anne Sexton, Maggie Dubris, and Woodie Guthrie; composed for, and was featured in, *Sex in The City*; was chosen by Sting for his musical *The Last Ship*, is a MacDowell Fellow; performed with Pete Seeger, Tommy Sands, Janis Ian, and John Whelan; and has created scores for two of Pearl Cluck's films: *Summer*, and *Write Me*.

Admission is \$15 per person in the Activities Center – **proof of vaccination and booster is mandatory** - and \$15 per family via ZOOM link. Light refreshments will be served. Place your checks in our mailbox along with your name, phone number, and email address **no later than September 28**. If you want to sit with friends, place all checks/information in one envelope. If you have questions call Alan Tepper at 914-342-3279 or email him at astepper@gmail.com.

* * *

HEALTH & SAFETY COMMITTEE

By Flo Brodley

HOLISTIC MEDICINE PRESENTATIONS

Saturday, September 17, from 1 to 4 pm in the Heritage Room

Although our Integrative Wellness Fair has been postponed until next year, two practitioners will be offering full-length programs at this session.

Dr. Christine Jordan, Ph.D., of the Advanced Healing Clinic will talk about healthy living and healing. Discussions will include the role of cooked and raw foods, exercise, why the body stores fat, and the importance of plants (oils, herbs, and spices) that restore and maintain wellbeing.

Dr. Lynn Parodneck is a New York State certified medical marijuana physician offering consultations, education, certification, and management under The Compassionate Care Law of 2014. This is Dr. Parodneck's second visit here. She will discuss how cannabis works, answer questions, and offer the latest news in cannabis legalization.

Vaccination records will be checked, and the wearing of masks continues to be required.

ANNUAL FLU VACCINATION CLINIC AND MEDICATION DROP

Wednesday, October 12, from 9 am to 1 pm at Lake Lodge

For details, see next month's issue of this newsletters and watch for email blasts.

* * *

TENNIS COMMITTEE

By Dena Goldstein

MIXED ROUND ROBIN EVENT

Saturday, September 17

Look for the flyers on line and near the Activities Office mail slots. We hope that everyone in the Tennis Community will join in!

* * *

MUSICAL NOTES FROM THE CONCERT SOCIETY

The best classical music value in Westchester and beyond!

By Teddi Meltzer

THE FRISSON ENSEMBLE

Sunday, September 18, at 3 pm in the Heritage Room

Mes amis, a *frisson* is a sudden strong feeling of excitement, a thrill. If you would like to experience that feeling – and who wouldn't? – join us for this performance by the Frisson Ensemble, a number-fluid assemblage of talented artists who appear in various combinations and permutations from quartets all the way to a small chamber orchestra. The Frisson Quartet – consisting of clarinetist Bixby Kennedy, oboist Tom Gallant, bassoonist Remy Taghavi and pianist Marika Bournaki – will present an exciting and varied program.

Tickets are \$23 at the door. *Joyeux Frisson!!!* If you have any questions, contact Raina Lefkowitz at 914-262-4407.

* * *

INDEPENDENT AND FOREIGN FILM CLUB

By Stephen Klepner

YOUNG AHMED

Tuesday, September 20, at 7 pm in the Heritage Room

A Muslim teenager in a small Belgian town has been radicalized by his Imam despite the protestations of his mother. He winds up hatching a plot to murder his beloved teacher. The film is an examination of the effect of fanaticism on the body and soul.

There will be a post-film discussion led by Bill Costanzo, retired film studies instructor. The cost is \$20 for the nine-film series, April through December. Payment by check made payable to IFFC can be left in the club's box in the Activities Center or at the door.

Proof of vaccination required. Masks must be worn during the performance, as we are a vulnerable population. Keep yourself safe and respect your fellow film viewers.

* * *



HERITAGE HILLS DONATION DRIVE FOR SOMERS FOOD PANTRY AT ST. LUKE'S

By Jack Mattes

Tuesday, September 20, from 1 to 3 pm at the Pool 5 Parking Area

The Heritage Hills community is holding a fall food collection drive to help those in need in our Somers area. Non-perishable food items with current dating are greatly appreciated, as are packaged toiletries, household cleaners, and, of course, monetary contributions in person that day or by mail.

Place bags or boxes with contributions in the trunk or rear seat, stay in your car, follow traffic directions on arrival, and volunteers will remove the donations. If giving a check, make it payable to "The Somers Food Pantry at Saint Luke's Church," open the car window, and it will be gratefully accepted. Checks can be mailed to Saint Luke's Episcopal Church, 331 Route 100, Somers, NY 10589.

Food Donations are also accepted in a carton with a sign inside DeCicco's Market, or at donation bins outside St. Luke's Church seven days a week.

MOST NEEDED ITEMS

Non-Perishable Foods

Applesauce
Canned Tuna or Chicken
Soups
Canned Fruit
Cereals (Hot & Cold)
Coffee (ground), Tea
Peanut Butter

Household Items

Bath Soap, Body Wash
Clorox Wipes, Sanitary Wipes
Baby & Infant Diapers, Size 4, 5
Pull-ups
Household & Dish Cleaners
Laundry Detergent
Depends

* * *



SOCIETY BOARD MONTHLY MEETING

**Thursday, September 26, at 1:30 pm
in the Heritage Room**

All unit owners are welcome to attend the meeting in person. It will be broadcast on Channel 21 while in progress and will be rebroadcast daily on that channel at 2 and 7 pm until the next meeting occurs. It can also be viewed on the Society website at hhsociety.org; go to Heritage Hills Society, then choose Board Meetings & Documents.

Owners are welcome to raise matters of concern in person in the Heritage Room and can submit such concerns by email to society@hhsociety.org or by regular mail to Society Board, 8 Heritage Hills, Somers, New York 10589. You must provide your name and unit number when speaking at the meeting and on written correspondence.

* * *

**DROUGHT CONDITIONS CONTINUE.
PLEASE USE WATER RESPONSIBLY.**



SOCIETY NEWS

Compiled by Susan Statkowski-Rivalsi

SUMMARY OF PORTIONS OF THE JULY SOCIETY BOARD OF DIRECTORS MEETING

The full transcript of this meeting's Minutes can be found on the Society website. Until the next meeting on August 24 at 1:30 pm, this meeting video can be viewed in its entirety on Comcast's Channel 21 daily at 2 and 7 pm, and 24/7 on the website hhsociety.org (choose Heritage Hills Society, then Meetings & Documents).

Board members in attendance: Gloria Anderson, Annette Bensen, Bill Harden, Dorinda Haskel-Palladino, Jack Mattes, Karl Milde, Patricia Ploss, Bruce Prince, Deica Ruiz, Art Singer, Alan Tepper, and Jay Wright

Board members absent: Gene Archer, Ann Harper, Dom Rubino, Art Singer

Also attending: John Milligan and Dave Jacobsen

TREASURER'S REPORT – BILL HARDEN

June Financials

Income	\$ 467,235
Expenses	(581,791)
Deficit	\$(114,556)

In June our expenses are normally high due to pool expenses and two other aspects: First, we purchased \$30,000 worth of diesel fuel, which our landscape and road-building companies will purchase from

THE NEWSLETTER WELCOMES ARTICLES AND PHOTOS FROM HERITAGE HILLS RESIDENTS

OUR DEADLINE IS THE 6TH OF THE MONTH.

Authors' names will be indicated. We cannot guarantee that every item will be used, and all submissions are subject to being edited for format, length, acceptability of language, and suitability of content.

Submissions should be in email attachment format (preferably *Word*) or by hand or mail to the Heritage Hills Activities Office or Society Office at 8 Heritage Hills, Somers, NY 10589.



OUR EMAIL ADDRESS IS: HHillsNewsletter@gmail.com.

When Submitting Photos:

If using your phone instead of a camera, please use the highest resolution. Unless it's a scenic vista, concentrate on faces. Most photographs are taken from too far away, and if the image is cropped, the faces will be blurred. Get closer.

Please do not incorporate art or a photo in a *Word* file. Attach it and *Word* files to emails as separate items.

We cannot use anything taken from the internet without authorization from the source.

us at the wholesale price. Second, we had to pay six of the seven insurance company fees in full (the seventh – liability – is paid over time). These were planned for and will balance over time.

REOPENING COMMITTEE – GLORIA ANDERSON, CHAIR

Two days ago, it was reported there were 128 active cases in Somers, and there were 24 new cases between July 23 and 24. Based on that, our current protocol will stand unchanged – 90 person maximum in the Heritage Room and masks recommended indoors.

FITNESS CENTER COMMITTEE – ANNETTE BENSEN, CHAIR

- Usage has increased by 20%.
- Flip-flops and Crocs cannot be worn in the Fitness Center.
- Replacement parts are suffering backorder/supply line issues.
- Locker rooms now have rugs to minimize/eliminate slip-and-fall issues.

MEADOWLARK PARK COMMITTEE – PATRICIA PLOSS, CHAIR

- **Trails:** This year's trail work is complete. A pull-out updated map is in this issue's centerfold / page 20.
- **Benches:** A resident has suggested additional benches, which is under consideration.
- **Park Place:** The awning has been installed.

LANDSCAPE COMMITTEE – PATRICIA PLOSS, CHAIR

We hope to make improvements to the parking medians at Pools 4 and 5 this Fall.

COMMUNITY AFFAIRS COMMITTEE – JACK MATTES, CHAIR

- **Red Cross Smoke Alarms:** The volunteers do eight to ten installations a day. Call the Activities Office for information.
- **Town Meeting Viewing:** In July, Comcast notified the town it had changed the viewing channel from 22 to 1072 seven months ago.
- **Voting:** Absentee ballots for the November general election must be received by November 23. Homebound individuals can go to Westchestergov.com, then Board of Elections for an Absentee Ballot Application. If you have problems, contact Andrew at the Activities Office, and he will put me in touch with you.

TOWN INFORMATION – BRUCE PRINCE, 1ST VICE PRESIDENT

- **Cell Towers:** The Planning Board has announced they will be revamped.
- **Somers National Golf:** Will remove from its property all debris not natural to the environment. Tree planting may take place.

POOL COMMITTEE – FRANK GALLO, MEMBER

- **Emergencies:** In the past month, two medical emergencies were expeditiously attended to.
- **Pool Toys:** Are now allowed at Pool 1 as well as Pool 3.

HEALTH & SAFETY COMMITTEE – FLO BRODLEY, CHAIR

- **Wellness Fair:** Originally scheduled to take place on September 17, has been postponed to next year. Instead, there will be presentations on that date. [See page 5.]
- **Flu Clinic and Medication Drop:** [See page 6.]

SECURITY REPORT – DAVE JACOBSEN, PROSEGUR SECURITY

Our Security staff cannot pull vehicles over or issue tickets. Only official law enforcement officers can do that.

OPERATIONS REPORT – JOHN MILLIGAN, PROPERTY MANAGER

- **Tennis:** The platform tennis courts will be resurfaced, and a fiberglass practice court has been installed at Court 5.
- **Pickleball Court:** The surface will be repainted for free.
- **Activities Center Parking Lot:** The 160-foot underground drainage pipe had to be replaced.
- **Storm Water Retention Basin Maintenance:** All water runoff from Heritage Hills drains into two D.E.C. streams – Plum Brook and East Brown Brook – which discharge into D.E.P. reservoirs, so regular maintenance is required.
- **Meadowlark Park Horseshoe Pits:** A walkway leading to them will be installed.

JULY SECURITY CALL REPORT

Dave Jacobsen, Prosegur Security

During the month of July our Security staff received and responded to a total of 279 calls regarding the following matters:

Medical	60
Security	44 (open garage doors, other security concerns)
Fire	14 (the majority of which were fire alarms)
Service	111 (including 85 lift assists, 10 persons locked out, and 8 welfare checks)
Maintenance	3
Car Accidents	2
Parking Violations	8 (in handicapped spaces, fire lanes, A roads, or B roads)

* * *

COUNCIL OF CONDOS

By Terry Clifford

In Attendance at the July meeting: Condos 1, 2, 3, 4, 5, 7, 8, 11, 12, 15, 16, 17, 18, 19, 20, 21, 23, 24, 26, 27, 28, and 30

Electrical Grounding & Bonding Wires: The Council distributed Somers Building Inspector specifications for the Electrical Grounding for Condos. The specifications are for use by electrical engineers. The Council is negotiating with the Town on how permits should be determined for this project and the timeline for completion. Permits should be applied per building rather than individual units. Therefore, upon completion of the project the Condo would receive a Certificate of Compliance that reads, "Condo 20, Bldg. 204, Units A, B, C". Condos need time to budget for this project. Therefore, it may take several years to complete.

Rebuilding a Unit after a Fire—Five Months: Unit 973 B, which experienced the tragic fire in February, is in Condo 19. The fire occurred in a two-unit building. Unit A sold a week before the fire; therefore, it was empty. The only damage to Unit A occurred by the Fire Department, checking for fire within the unit through the roof, ceiling, and minimum wall damage. The fire wall built between the two units prevented the fire from entering Unit A. Unit B is a total

continued on page 11

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WELCOME TO HERITAGE HILLS



New to Heritage Hills?

Here is your chance to learn about everything that Heritage Hills has to offer!

When: Saturday, September 10

Where: Activities Center, Heritage Room

Time: 3:00 p.m. – 5:00 p.m.

Space is limited...Please register to attend

RSVP: SOCIETY@HHSOCIETY.ORG

Use the form below or call 914-276-2908

ALL RESIDENTS ARE WELCOME

Please RSVP by September 1, 2022

Welcome to Heritage Hills Expo RSVP
September 10, 2022 3:00 p.m. – 5:00 p.m.
Activity Center - Heritage Room

Names of Attendees: _____

Unit Number: _____

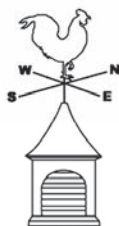
Email Address: _____

Number of Attendees: _____



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continued from page 9

loss. The rear of Unit B which included the outside wall, kitchen, dining room, and living room was destroyed, and flames charred a 150-foot tall tree off the patio. The Fire Department arrived at 4 pm and left the scene around 11 that evening. The following day the property manager had water and electric turned off to both units and the scene was fenced and secured. Fire and Building Department inspectors worked with the property manager to find the cause, which was deemed “undetermined.” Debris was removed after inspections were completed by the Condo and unit owners’ insurance companies. The property manager hired an architect and general contractor to work with two Condo 19 Board members to get the job started. Within six weeks Greater NY paid most of the claim so work could begin. The rebuilding of Unit B will meet current building codes, and electric ceiling heat will be replaced by heat pumps. Repairs to Unit A have been completed. Materials for the rebuild of Unit B have been ordered with work due to start in August. The slab will be replaced to meet New York State building codes. We hope to have it completed by the end of this year. Both owners continue to pay their monthly maintenance fees. Jason Schiciano of Levitt-Fiurst was very helpful.

Electrical Box Update: Many residents complained of unsightly metal electrical utility boxes outside their doors and within their Condo’s property. Most Condos responded to three emails sent as a reminder over the past two months. The project is now in the hands of Society to contact the utility companies responsible to remedy these unsightly metal boxes. Thank you to the 25 Condos that responded to the request for information.

Comcast Firewall Repair: Most Condos participated in a franchise agreement and a ten-year contract with Comcast in 2016 which allowed those Condos to be rewired. The rewiring within attached buildings went through the connecting firewall for those buildings. Those connections need to be repaired to reinforce the efficacy of the firewall. Comcast has been contacted to alleviate the issue.

Council Directory: The “2022-2023 Contractor and Suppliers Directory” has been completed and Condos were advised to pick up the Directories from the Activities Office for disbursement to Heritage Hills residents.

Errant Golf Balls: It seems that since Somers Point Golf Course has changed from a private club to a public course, many golfers are inexperienced and Condos are finding an abundance of golf balls hitting windows, in gardens, and in general being a hazard. If your Condo is experiencing these issues, contact the president of Condo 20.

Golf Club Cigar Bar: A proposal to plant trees and shrubbery at the property line was made by a Condo 15 unit owner at the July Somers Planning Board meeting to prevent smoke and noise from the proposed Cigar Bar.

All Condo Presidents or their representative are invited to attend the Council of Condos meeting on September 21 at 7 pm in the Activities Center.

FREE REFLECTIVE BANDS FOR WALKERS/JOGGERS

Text and photo by Karen Korman

As the days get shorter...and sadly they will...we are here again to offer extra protection for anyone walking or jogging on these roads in dim or darker days to come. It makes a difference even in the daytime.



Our “slap wrap” band is a fully adjustable, high visibility accessory with a highly reflective stripe. It can be worn on the wrist (as shown) or on the ankle. In either case, oncoming traffic will be aware of your presence.

Like we did with our safety vests, we are giving these away till our stock is depleted. Call me at 646-251-9155. We’re at 109A Heritage Hills Drive.

* * *



THE COMMUNITY THEATER GROUP

By Muriel Weiss

Our first post pandemic production was *An Inspector Calls*, which received rave reviews.

We are finalizing our plans for our next production, which will be staged the weekend of November 18, 19, and 20. More information will be forthcoming soon through email blasts, fliers, Channel 21, and The Heritage Family Network Facebook page. We look forward to your participation on stage, behind the scenes. or in the audience.

* * *

THE WOMEN’S CLUB

Submitted by Phyllis Bradbury

The Women’s Club recently had to say good luck and farewell to Sybil Prezioso, who has been on our Board as Treasurer for the last few years. Sybil moved to Connecticut in July, and we wish her well. She was a familiar face around Heritage Hills, having volunteered in many capacities within our community. I remember her volunteering at the Activities Center during the blackout we had about four years ago right after I moved into Heritage Hills; she was a “busy-bee” with all the organization that needed to be done, and did it well.

Now, of course, the Women’s Club is in need of a Board Member in the capacity of Treasurer. So, if you are looking for a new opportunity, please contact Rose O’Donnell at 914-276-4204 and she will be happy to answer any questions you might have. You’ll find this is a low-key, non-stressful group who will welcome a new member. The Board meets on the first Tuesday of the month to plan upcoming events.

If you would like to know more about the Women’s Club, call membership chairperson, Alfreda Savarese at 914-617-2007.

A MESSAGE FROM THE TRAVEL GROUP

By Elaine Soliman

All of the members of the Travel Club Board hope you enjoyed the long hot days of summer. Now we would like you to turn your thoughts to The Holidays!! Save the date Wednesday, December 7, for The Travel Club's Holiday Special Day! Details will follow in the next newsletter.

We strongly recommend you get your reservations in early if interested in attending any of our trips. We have been selling out on all of them, and we have had waiting lists. All Heritage Hills residents are welcome and can bring along guests or family members; residents must accompany them on the trip! When making out checks to the Travel Club, your unit and phone numbers must be included - we need this information to process the reservation.

In conclusion, thanks for traveling with us. Remember, life is like ice cream - sweet and delicious. Enjoy it before it melts!!

* * *

HHLibrary COMMITTEE

WELCOME TO HERITAGE EVENT



The HHLibrary will be open on Saturday, September 10, from 3 to 5 pm during the Welcome to Heritage Expo. Be sure to stop by the Library to sign up for library privileges and to learn about our book collection and the services the Library offers. You are most welcome to stop by, even if you are not new to Heritage Hills. Be sure to borrow some books when you visit!

NEW ADDITIONS TO OUR COLLECTION IN SEPTEMBER

Fiction

Barnes, Julian *Elizabeth Finch*
Bowen, Rhys *Where the Sky Begins*
Dark, Alice Elliott *Fellowship Point*
Hartstone, Joey *The Local*
Hamid, Mohsin. *The Last White Man*
Jacobs, Liska. *The Pink Hotel*
Marra, Anthony *Mercury Pictures Present*

Mystery

Brown, Sandra. *Overkill*
Coulter, Catherine *Reckoning*
Ellis, David. *Look Closer*
Green, George Dawes *The Kingdoms of Savannah*
Leon, Donna *Transient Desires*
Silva, Daniel. *Portrait of an Unknown Woman*
Thor, Brad *Rising Tiger*
Winspear, Jacqueline. *A Sunlit Weapon*

Non-Fiction

Hallett, Hilary A. *Inventing the It Girl*
Patterson, James,
with Wallace, Benjamin . . . *The Defense Lawyer*

EAST HILL MEN'S GOLF GROUP

by Ken Freeman

Thanks to the *Heritage Hills Newsletter* for its great coverage, which is helping us reach interested golfers and expand our ranks. A growing number of Heritage Hills golfers are enjoying Somers National's beautiful course and our club's camaraderie.

Here are the latest tournament results:

July Month-Long Multi-Round Match Play Tournament

A Flight* Champion: Ed Yee

B Flight** Champion: Charlie Kravetz



Regular Stroke Play Winners

July 7

A Flight: Low Gross – Bob Briganti

Low Net: 1st – Joel Greenspan, 2nd – Ed Yee

B Flight: Low Gross – Nick Stanton

Low Net: 1st – Ken Freeman, 2nd – Jack O'Hanlon

July 12

A Flight: Low Gross – Yogi Santa-Donato

Low Net: 1st – Tom Reca, 2nd – Charlie Barrett,
3rd – Ed Yee

B Flight: Low Gross – Bob Kenney

Low Net: 1st – Rich O'Brien, 2nd – Al Longhitano,
3rd – Bob McVeigh

July 14

A Flight: Low Gross – Tom Reca Low Net – Bob Klatsky

B Flight: Low Gross – Vin Marrone Low Net – Rich O'Brien

July 19 (A and B Flights Combined)

Low Gross – Bob Briganti

Low Net 1st – Nick Stanton, 2nd – Rich O'Brien,
3rd – Tom Reca, 4th – Al Zaffiro

July 21

A Flight: Low Gross – Bob Briganti

Low Net: 1st – Tom Reca, 2nd – Ray Ormerod,
3rd – Charlie Barrett

B Flight: Low Gross – Nick Stanton

Low Net: 1st – Ken Freeman, 2nd – Bob McVeigh,
3rd – Vin Marrone

July 26

A Flight: Low Gross – Bob Slotoroff

Low Net: 1st – Dan Lanza, 2nd – Bob Briganti

B Flight: Low Gross – Vin Marrone

Low Net: 1st – Nick Stanton, 2nd – Bob McVeigh,
3rd – Charlie Kravetz, 4th – Mike Berardino

July 28

A Flight: Low Gross – Bob Briganti

Low Net: 1st – Bill Glass, 2nd – Charlie Barrett

B Flight: Low Gross – John Mahoney

Low Net: 1st – Bob McVeigh, 2nd – Nick Stanton

August 2

A Flight: Low Gross – Charlie Barrett

Low Net: 1st – Bob Klatsky, 2nd – Bill Glass

B Flight: Low Gross – Jim Haggerty

Low Net: 1st – Jack O'Hanlon, 2nd – Ed Sottile

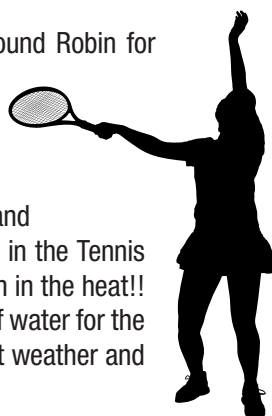
*Our better golfers **The rest of us

* * *

THE TENNIS COMMITTEE

By Dena Goldstein

The Tennis Committee hosted a Ladies Round Robin for all levels of play on Saturday, July 30. Everyone got to play with one another, as we used a number system with a Random Draw. It was truly a Round Robin! A new Heritage Hills resident joined the group and was pleased to meet and greet the women in the Tennis Community. Everyone had a great time even in the heat!! Fran Lupo was very kind to donate a case of water for the event. It was truly needed playing in the hot weather and greatly appreciated. Thank you Fran!!



Look for the winners in the August 27 the Men's Doubles Tennis Tournament in the next Heritage Hills Newsletter.

See page 5 of this issue for information about the upcoming Fall Mixed Round Robin Event.

More announcements to come!

* * *

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Sales Vice President

Licensed Associate Real Estate Broker



IT WAS A BUSY SUMMER AT HERITAGE HILLS! JULY INVENTORY, CONTRACTS & SALES

Address	Current Price	BR	BA	SF TOTAL
ACTIVE				
794B Heritage Hills	\$340,000	1	1 (1 0)	1,257
40A Heritage Hills	\$380,000	2	2 (2 0)	1,139
51A Heritage Hills	\$390,000	2	2 (2 0)	1,230
211B Heritage Hills	\$390,000	2	2 (2 0)	1,427
586B Heritage Hills	\$395,000	1	2 (1 1)	967
79C Heritage Hills	\$395,000	2	2 (2 0)	1,139
82A Heritage Hills	\$425,000	2	2 (2 0)	1,144
733A Heritage Hills	\$429,000	1	2 (1 1)	1,098
695A Heritage Hills	\$429,900	1	2 (1 1)	1,098
608D Heritage Hills	\$439,000	2	2 (2 0)	1,265
431C Heritage Hills	\$439,000	2	2 (2 0)	1,468
972A Heritage Hills	\$485,000	2	2 (2 0)	1,468
358B Heritage Hills	\$486,000	2	2 (2 0)	1,394
455E Heritage Hills	\$499,000	2	2 (2 0)	1,470
472A Heritage Hills	\$529,900	2	2 (2 0)	1,265
135B Heritage Hills	\$549,000	2	2 (2 0)	1,500
103C Heritage Hills	\$550,000	3	3 (2 1)	1,700
822B Heritage Hills	\$599,999	2	3 (2 1)	1,666

Address	Price	BR	BA	SF TOTAL
IN CONTRACT				
478A Heritage Hills	\$389,000	1	2 (1 1)	967
266B Heritage Hills	\$430,000	2	2 (2 0)	1,138
299B Heritage Hills	\$439,000	2	2 (2 0)	1,500
522B Heritage Hills	\$485,000	2	2 (2 0)	1,265
217C Heritage Hills	\$489,000	2	2 (2 0)	1,138
566A Heritage Hills	\$490,000	2	2 (2 0)	1,265
224A Heritage Hills	\$495,000	3	3 (2 1)	1,700
550B Heritage Hills	\$499,000	2	2 (2 0)	1,468
401B Heritage Hills	\$499,000	1	2 (2 0)	1,296
200B Heritage Hills	\$499,900	2	2 (2 0)	1,500
865A Heritage Hills	\$509,000	2	2 (2 0)	1,296
69B Heritage Hills	\$515,000	2	2 (2 0)	1,710
398C Heritage Hills	\$525,000	2	2 (2 0)	1,296
429C Heritage Hills	\$528,000	2	2 (2 0)	1,470
417C Heritage Hills	\$560,000	2	2 (2 0)	1,296
803B Heritage Hills	\$599,000	2	2 (2 0)	1,549
691 Heritage Hills	\$650,000	2	2 (2 0)	1,421
447C Heritage Hills	\$699,000	3	2 (2 0)	1,793
675C Heritage Hills	\$725,000	2	2 (2 0)	1,523
732 Heritage Hills	\$875,000	3	2 (2 0)	2,161

Address	Price	BR	BA	SF TOTAL
SOLD				
208A Heritage Hills	\$325,000	1	1 (1 0)	955
178B Heritage Hills	\$350,000	1	1 (1 0)	900
572A Heritage Hills	\$375,000	1	2 (1 1)	967
241B Heritage Hills	\$399,000	2	2 (2 0)	1,138
468C Heritage Hills	\$420,000	1	2 (1 1)	967
141B Heritage Hills	\$455,000	2	2 (2 0)	1,427
82B Heritage Hills	\$470,000	2	2 (2 0)	1,245
464B Heritage Hills	\$480,000	2	2 (2 0)	1,265
485A Heritage Hills	\$485,000	2	2 (2 0)	1,265
778C Heritage Hills	\$495,000	1	2 (2 0)	1,296
126B Heritage Hills	\$505,000	2	2 (2 0)	1,620
269F Heritage Hills	\$525,000	3	3 (2 1)	1,700
967C Heritage Hills	\$530,000	2	2 (2 0)	1,470
7C Heritage Hills	\$576,000	2	2 (2 0)	1,530
56A Heritage Hills	\$600,000	2	3 (2 1)	1,400
801A Heritage Hills	\$615,000	2	2 (2 0)	1,296
134C Heritage Hills	\$626,500	2	2 (2 0)	1,500
646A Heritage Hills	\$635,000	2	2 (2 0)	1,676
476D Heritage Hills	\$695,000	3	2 (2 0)	1,793

* Source: OneKeyMLS property type condo Heritage Hills 7/1/22 - 7/31/22



Hope should have been named "Treasure" ... she is just that! Right from the get-go she was more prepared than other agents we interviewed and her 'can do' attitude was obvious and infectious. She priced the unit (with good background information to support the price) well; she quickly lined up a photographer; got the unit listed on MLS a day after the photo shoot; had an open house two days later and we had an acceptable offer the evening of the open house. So, maybe "Speedy, Efficient, Pleasant, Accessible" could be suitable choices for her middle name? This property was listed and ultimately closed on within a month -- perfect for this out-of-state couple wanting to sell our second home. And, as if all that were not enough, she utilized social media to help us get some large pieces of furniture sold. Who could ask for anyone more equipped to handle a sale? We love working with Hope and plan to have her assist with the sale of a property in KY! - SB. Somers



FEATURED PROPERTY - 684A HERITAGE HILLS

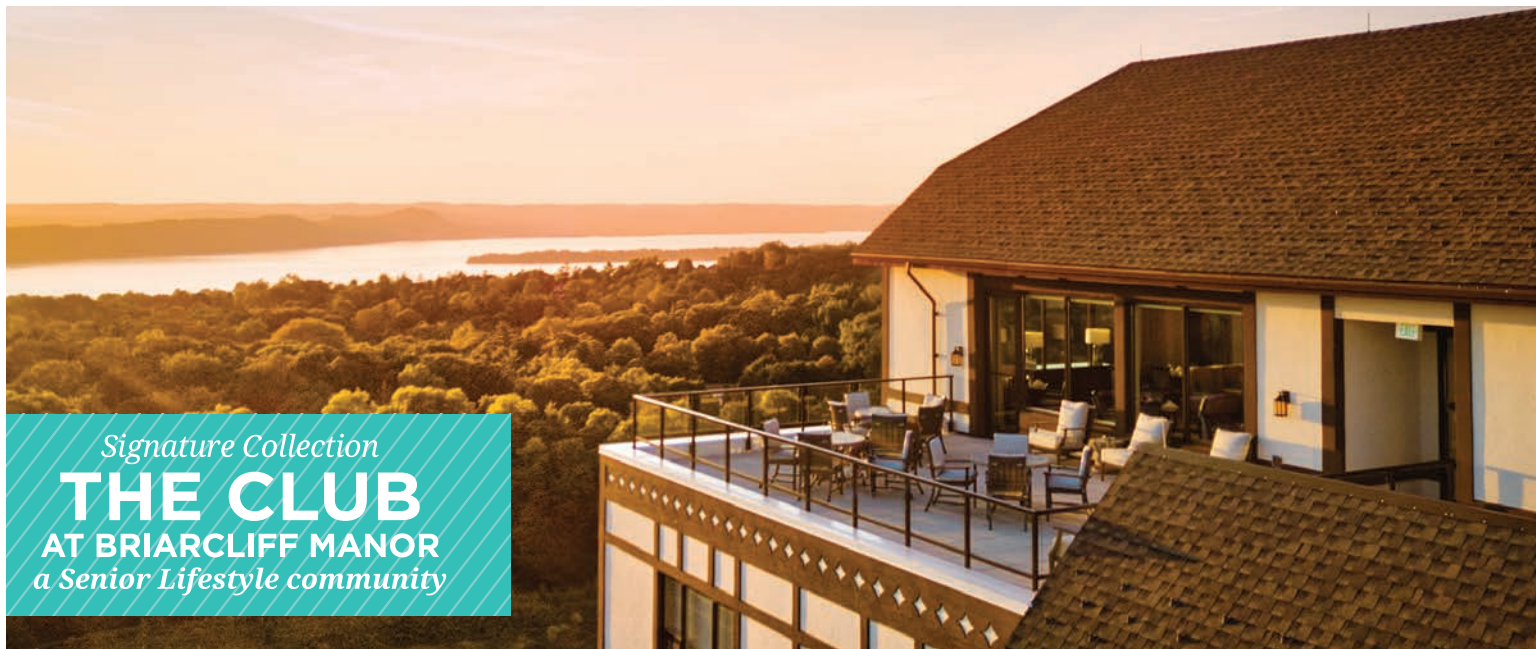
This beautiful and rare Radcliffe model offers an eat-in-kitchen with gas stove/electric oven, a separate dining room, a large Primary Suite and a spacious den. The unit can easily live like a two bedroom home with two full baths and a stacked washer/dryer. The large living room with a custom brick fireplace and sliding doors to a private and lovely stone patio and yard providing a wonderful setting for year round enjoyment, both indoors and out. \$475,000.



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Call **914-505-8717** to get on the exclusive invite list for upcoming events.

UPCOMING CALENDAR OF EVENTS

All That Jazz

SATURDAY, AUGUST 13
1:30 P.M.

JOIN US FOR AN AFTERNOON
OF FABULOUS JAZZ MUSIC.

Fun in the Sun Open House

WEDNESDAY, AUGUST 24
10 A.M. - 4 P.M.

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CHILDHOOD IS AN ART

by Keri Reitman Schnapper

Ah...September. For families with school-age children, September has a long to-do list. What about a “must-do” list???

On my “must do list” is to apply to include my Intermediate School Tusker’s art in the Heritage Hills Resident Art Show. The annual show takes place in the Activities Center on Saturday and Sunday, October 8 and 9. Applications are due on/before Wednesday, September 7.

Proud parents of talented young artists of Heritage Hills are encouraged to submit an application for a child’s art to be included in the show. There are guidelines to be adhered to and other things to know. To learn more, go to pages 3, 7 and 8 of this Newsletter. You can also go to the hhsociety.org website to download information, or pick up an Application at the Activities Office. If you have any questions, contact the Activities Office by email at hhactivities@comcast.net or by phone at 914-276-2636. Photos of the children’s artwork on display at the show will appear in an upcoming issue of this Newsletter.



DARLA ARCHER

By Gene Archer



Darla is a 19-month-old Mini Golden Doodle. She passed a 120-hour training course and has earned a Service Dog certification.

Darla loves to travel by plane and car, spends her winters in Southern California, and loves to give kisses to all.

She has become a loving member of our family and circle of friends.



PLAYGROUND FUN

Mom Rebecca Weinstein took this photo of Leo, age 3, enjoying the big slide at our park.



MEET YOUR NEIGHBOR BLUE

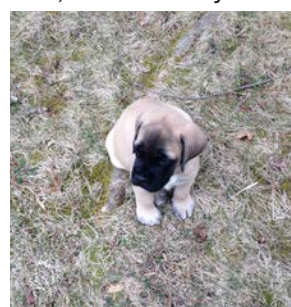
Text by Bob Sotoroff and Blue, photos by Bob Sotoroff

Hi, my name is Blue. Yes, I live here at Heritage Hills, and I have met some of the many fine people here. From time to time, you may have seen me walking around the Activities Center and Meadowlark Park. Often, I like to sit on the hill by the horseshoe pits and watch all the swimmers in Pool 1 – looks refreshing. Personally, I do not do well in the heat. As you can tell I am quite large and, of course, heavy with lots of hair.

As you can see from my baby picture, here, I was not always this big, but English



Bob, Sally, and me.



Mastiffs

are a large breed. Today I weigh about 180 pounds. I prefer walking on trails when it is much cooler – Fall, Winter, and Spring are my preferred seasons. During hot summer days I enjoy lying inside with the feel of cold tiles on my body along with the air conditioning running.

Because of my size, I realize I look scary to many, but I am really quite friendly; although I do “slobber,” and “drool” a lot.

Years ago, before Covid, I used to go to local libraries and read stories with children. Actually, I did not read the books, I just sat and laid on the carpet and let the children pet me as they listened to a story.

For a few weeks I also went to a local High School to meet the students and do lessons with them. Can you imagine that – apparently, I had a calming effect on these students, and they enjoyed me in their classroom – helped them focus.

Currently, I visit a nearby senior living center where I meet people who enjoy petting me, and I have to admit I enjoy it also. I bring smiles to the residents’ faces as they greet me, pet me, and hopefully I do not drool on them too much – LOL.

I am a registered therapy dog, which allows me to do those fun activities. Sally and I worked together for many months to help me gain my accreditation.

I have two good friends, Audrey, who lives close by here in Heritage Hills, and Stormy, who I sometimes walk with but does not live here. One of my favorite activities is going to King Kone – awesome vanilla ice cream!

One of my least favorite holidays is July 4th – all the loud noises are very worrisome, yes, even for a large dog like me.

Well, anyway that is a bit about myself – so if you see me about you can shout “Hello Blue.”

MASKS ARE STRONGLY RECOMMENDED IN ALL SOCIETY BUILDINGS. INDIVIDUAL CLUBS/GROUPS MAY REQUIRE MASKS AND/OR PROOF OF VACCINATION/BOOSTERS TO ATTEND THEIR RESPECTIVE EVENTS AND ARE RESPONSIBLE FOR CHECKING ATTENDEES' PROOF THEREOF.

**GENERAL CLUB/CLASS INFORMATION AND
REGULARLY OCCURRING ACTIVITIES
Produced by the Activities Office
Phone: 914-276-2636 or go to activities@hhsociety.org**

Advance registration is required. To book a space for your group/club, contact Andrew Kaplan in the Activities Office by email at activities@hhsociety.org or by phone at 914-276-2636.

TWO GUESTS PER UNIT LIMIT

AARP SMART DRIVING CLASS

Get a 10% auto insurance reduction and four points off your NYS DMV driving record – good for three years. Price: \$25 for AARP members, \$30 for non-AARP members. Make check payable to “AARP” and leave it in the AARP mailbox outside the Activities Office. Include your name, phone number, and class date on the check. You will be contacted ONLY if the class you selected is full. Bring your AARP membership card and driver's license to the class. Attendance at two three-hour consecutive sessions is required. **You must show proof of Covid vaccination AND wear a mask.** The sessions occur in Lake Lodge's Room 3 from 10 am to 1 pm on Wednesday and Thursday, September 7 and 8.

ARTS & CRAFTS

I Love Art Class: After School ART in Heritage Hills for Children Ages K to 6. Hosted by Miss Judika, M.S. To register, call Judika at 914-438-6750.

Needlecraft Group: Charitable needlecraft group meets Wednesday at 12:30 pm in the Game Room. All skill levels are welcome. \$10 annual dues. **Bring proof of up-to-date Covid-19 vaccination.** For questions, or to register, call Linda at 914-277-2776.

Painting with Judika Class: Create a different painting in each class once a month. Step-by-step instructions given, and everyone leaves with a masterpiece! \$40 per class includes all supplies. **Bring your mask** and your creative spirit! To register, call Judika at 914-438-6750.

Sketch Workshop Group: Wednesday at 9:30 am in Studio A. No fee. Beginners welcome.

Silk Fabric Painting Class: Fee \$135. Must sign up for a full four-week session. Space is limited. For more information, contact Evey at 914-276-0737 or email her at evymusart@comcast.net.

Woodcraft Club: The shop is available Monday thru Saturday from 9 am to 4 pm. For information and to register, contact Club President Ed at 914-276-0671 or 914-552-2303.

CHORAL GROUP

Wanted: singers for “The Meadowlarks”, the newly formed Heritage Hills Choral group directed by Peter Muir. Preference for those who can harmonize. If interested, contact: Janice Malett at 914-715-8247.

CIAO ITALIA CLUB

Membership dues are waived for 2022 if you paid dues for 2020-2021. If you wish to become a new member, dues are \$12 per person for 2022. Membership forms are available outside the Activities Office. You can also print a copy from an email blast.

CLUB SHALOM Watch for communications about upcoming club events.

CONCERT SOCIETY CLUB

We present four classical concerts each year in May, June, September, and October on Sundays at 3 pm in the Heritage Room. We feature the best and brightest of classical music's rising stars. The annual subscription rate is

\$80 per person or \$23 at the door per concert. Subscription forms are at the Activities Center. If you have questions, call Raina Lefkowitz at 914-262-4407.

CONTINUING EDUCATION CLUB

Our mission is to educate and *entertain* with monthly presentations by experts in the fields of art, literature, music, theatre, history, and politics on specified Tuesdays at 1:30 pm in the Heritage Room. See the COMING EVENTS section of this Newsletter for more information or call Ann at 914-617-9434.

CULINARY CLUB

We meet for dinner in the Activities Center once a month on a Wednesday evening at 6. If you are interested, contact Pat Headen at 914-617-9050..

EXERCISE

Getting Back on Track (15-15-15) with Theresa: Wednesday at 10:30 am at the Fitness Center and on Zoom. Light Cardio and Balance, Functional Strength and Stretch, and Restorative Breathing and Relaxation. Great class to begin or continue your fitness journey. Contact Theresa for more information at zumbawithme@aol.com.

Body Sculpting Class: Warmup low impact cardio, strength and balance abdominal exercises on the floor or in a chair, and stretch relaxation cool down. Monday thru Thursday at 9 am and Thursday night at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. To register, call / email at 718-541-0861 / Labzeiss@gmail.com.

Cardio/Strength/Stretch Class with Lori Barr: Join me for a fun, safe, effective workout. Low impact cardio, resistance training, balance, stretch, and breath work – all set to great music! Appropriate for all levels. Bring a resistance band to each class. Weights are available for use or bring your own. Tuesday and Thursday from 9:30 to 10:30 am in the gym. Call Lori at 914-276-2636 or email her at lamb428@optonline.net. Fee: \$8 per class. Try the first class for free!

Chair Yoga with Satish Class: Chair Yoga aimed at toning the entire body and increasing flexibility. Breathing and meditation for relaxation and mind body connection. Live music. Practice every Tuesday from 10 to 11:15 am in Lake Lodge with Satish Gambhir, Registered Yoga (500-RYT) and acupressure teacher with over 20 years of experience. \$8 per class. Call or email to register at 914-646-0887 or Satishgambhir@gmail.com.

Chair Zumba/Toning with Theresa: Monday at 9:45 am by Zoom only. Zumba for anyone who prefers a seated workout. Contact Theresa for more information at zumbawithme@aol.com.

Gentle Yoga with Lisa Thomas: Monday at 1 pm and Friday at 10 am. \$12 for a 75-minute class. Lisaathomas@optonline.net or 914-497-0243..

Lyrical Arms Class with Theresa: Friday at 10:50 am at the Fitness Center and on Zoom. Build upper body strength and increase range of motion using fluid movements and light weights to lovely music. Contact Theresa for more information at zumbawithme@aol.com.

Move and Groove with Theresa: Tuesday at 11 am in the Fitness Center and on Zoom. Easy-to-learn and easy-to-follow Beginner Line Dances to ALL music genres. Contact Theresa for more information at zumbawithme@aol.com.

Pilates Barre Class: Monday, Wednesday, and Thursday at 10:15 am and Monday at 6 pm in Lake Lodge. \$10 per session or three classes for \$20. Call or email to register at 718-541-0861 or Labzeiss@gmail.com.

Zumba Gold with Theresa. Friday at 10 am in the Fitness Center and on Zoom and Saturday at 10 am on Zoom only. Fun, easy to follow, low impact dance fitness class. Contact Theresa for more information at zumbawithme@aol.com.

FAMILY NETWORK GROUP

Arranges organized family-oriented gatherings, days and evenings, several times a year. Go to [Facebook.com](https://www.facebook.com) to join the group “Heritage Hills Family Network” or email keri.reitman@gmail.com.

FRIDAY NIGHT SOCIAL DANCE

Friday, September 2, from 7 to 10 pm in the Activities Center. \$10 per person includes coffee and cake. BYOB. For more information, call Ami at 914-486-9677. Next Dance: Friday, October 14.

FUN & GAMES

Bridge—Duplicate Club: Monday and Thursday at 12:30 pm in the Activities Center—**vaccinated only.** For information, call Marie at 914-277-4266.

Heritage Hills Scrabblers Group: Casual Scrabble game play on Thursday from 1 to 3 pm in Room 2 in the Activities Center. All levels of play, including newbies, are welcome. **Bring proof of Covid-19 vaccination and boosters.** For more information, just walk in or contact Susan at 914-617-9228 or cjwhitestar@comcast.net.

Mah Jongg Group: Monday at noon in Lake Lodge and Wednesday at noon in the Activities Center (space is available – contact Sue Furino at 914-617-9110). Friday at 1 pm in Lake Lodge (contact Olga LaBoy at 914-276-2646). Tuesday and Thursday from 11 am to 1 pm in Lake Lodge. We now have room for a few new members – Thursday preferred. Contact Rebecca Fierro at 914-669-5328.

Ping Pong Group: Thursday at 10 am in the Game Room. Open to all residents. Come hang out and play!

GARDEN CLUB

For information, including questions on membership and use of the Community Garden, please send an email to hkgardenclubsecretary@gmail.com. If you would prefer to speak by phone, call Club President Joanne Meder at 914-318-5808 and leave a message.

HEALTH & SAFETY COMMITTEE

Blood Pressure Screenings With a Smile: Nurse Ellie Eidam offers screenings and good advice on the second Friday of the month from 9 to 11 am in the Game Room of the Activities Center. Your temperature may be taken. Mask-wearing is voluntary. **Do not come for your Blood Pressure Screening if you have tested positive for Covid-19, were recently exposed (within 14 days) to the virus, or travelled to areas that have experienced high levels of the virus.** For more information, contact Ellie at elliebob1@gmail.com or 914-617-2109.

Alzheimer's/Dementia Caregivers Support Group. Caring for someone with Alzheimer's/Dementia is a difficult and painful challenge. A support group can help. Meetings take place on the first Thursday of the month at 12:30 pm in Lake Lodge. Facilitated by Linda Ludwig, Psy.D. To register, call 914-617-9328 or email ludwiglr@aol.com.

Spousal/Partner Bereavement Group: A support group that provides an opportunity to be with others who have lost a spouse or partner. Meetings take place the second Thursday of the month at 12:30 pm in the Activities Center. Facilitated by Linda Ludwig, Psy.D. To register, call 914-617-9328 or email ludwiglr@aol.com.

Senior Entitlements Program-Westchester County: Watch for communications about our upcoming monthly session.

HIKERS & WALKERS GROUP

Weekly hikes from September to June. Information and our schedule are available at hhsociety.org / Activities / All Activities / Hikers and Walkers.

LIBRARY

Open Monday thru Friday from noon to 3 pm. For information on the collection, visit the Heritage Hills Library webpage at hhsociety.org or call 914-276-7655.

MORNING DISCUSSION GROUP

Discussion group on current event topics. Monday from 9:30 to 11 am in the Activities Center or by Zoom with closed captioning. For information, email Ken Benjamin at kenbenja@aol.com or call 914-617-9817.

RAINBOW CONNECTION

Rainbow Connection is a group for LGBTQ members and their families, friends, and neighbors. All are welcome. We meet the first Thursday of each month at Lake Lodge from 5 to 7 pm. For more information contact Joanne at 914-450-5609.

SHAKESPEARE GROUP

Meets in person and on Zoom. See a film of a classic Shakespeare play, then read it and join in lively discussions. We meet every Tuesday from 10 to 11:30 am in the Activities Center, Room 3. All are welcome! For more information, call Susan Ray at 914-391-6686 or Margaret Howlett at 973-746-7816.

SPORTS

Bocce Group: April through October: Wednesday and Saturday at 9:30 am.

Pickleball Group: Pickleball on the outdoor courts is open play, no reservations required. The gym is also available for indoor play. For details on both, and about the Pickleball Committee and community, email PickleballHH@gmail.com. See you on the courts!

Golf Group: Join the East Hill Men's Golf Association to enjoy weekly Thursday 9-hole casual competitions in a variety of formats, as well as Tuesday Stroke Play opportunities, from April thru November at Somers National Golf Club's course right here on Heritage Hills' West Hill. For more information, contact Membership Chairman Bob Kenney at 914-617-9884 or rlkret@aol.com.

Shuffleboard Group: October through March on Wednesday from 1 to 3 pm, and on Saturday from 9:30 am to noon, in the gymnasium.

Tennis Group: All Tennis reservations are now made via www.playtomic.io, or you can download the playtomic app, which offers many additional features. Once on the playtomic website, type "Heritage Hills" and click on "tennis" as the sport choice. For general information about the tennis group call Barry at 914-617-9259 or Dena at 914-589-3560. The Friday night Round Robin runs from May through September.

TEN-A-MEN'S CLUB

Come at 9 am and have continental breakfast for \$2. Meeting starts at 10 am in the Heritage Room.

HERITAGE HILLS TRAVEL CLUB

Our mission was designed for those who enjoy traveling, whether on trips that are nearby or far away. All details are handled by the Travel Club. Buses leave from and return to Heritage Hills. Information on our trips is available on flyers in the Activities Center, on TV, and in this Newsletter.

WOMEN'S CLUB

The Women's Club generally meets the second Wednesday of the month at 1:30 pm, except for January, July, and August. See the COMING EVENTS section of this Newsletter for specific event details. Flyers will also be available in the Activities Office. For information, call our membership chair, Alfreda Savarese 914-617-2007.

WRITERS WORKSHOP CLASS

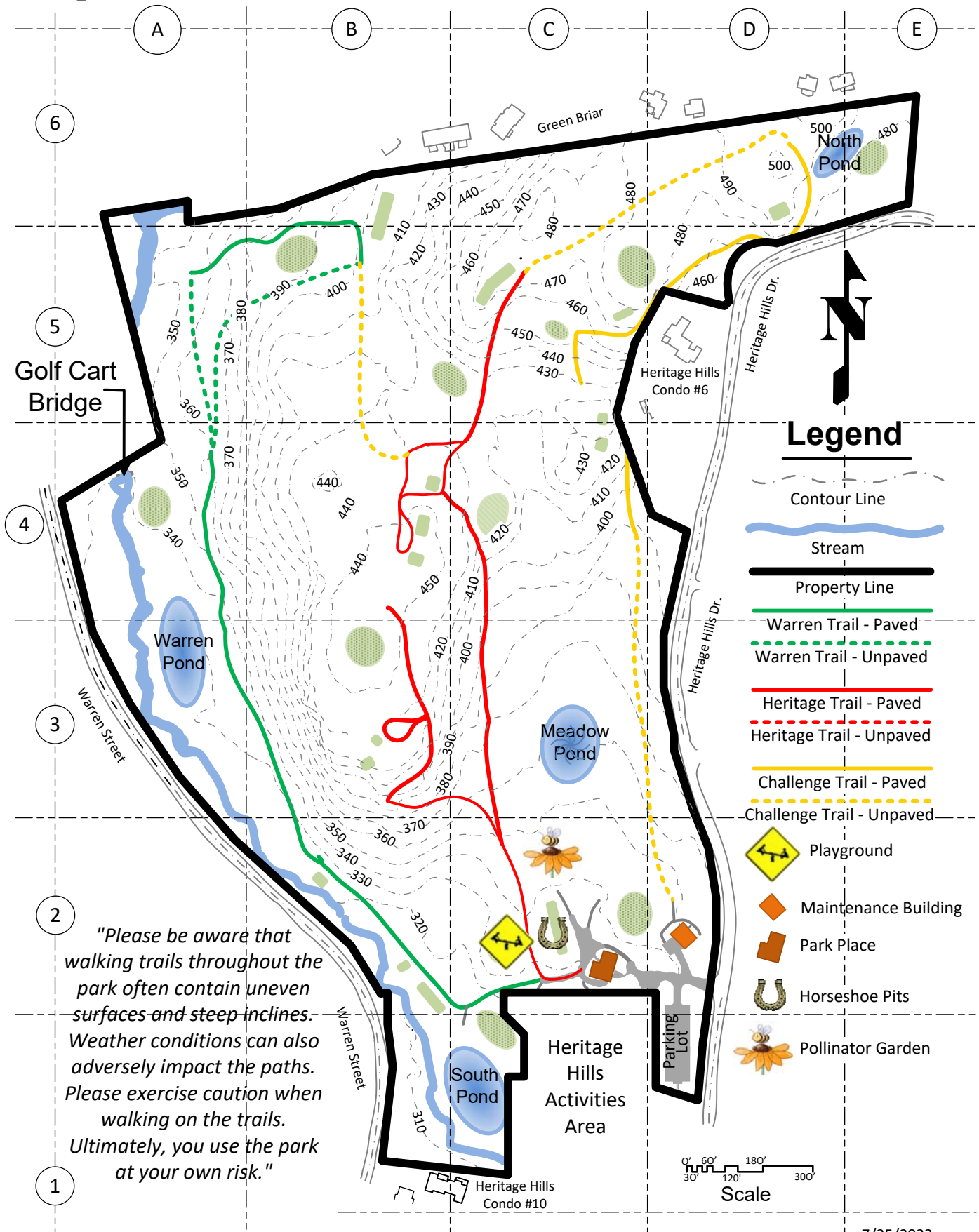
Workshop on *Google Meet*! Monday at 1pm and Saturday at 10:30 am in Lake Lodge. Email Linda Spear, workshop facilitator, to arrange to join us! Lindaspear211@gmail.com.





Meadowlark Park – Trail Map

This map is provided for informational purposes only. Not all objects are presented to scale.



7/25/2022

2022 HERITAGE HILLS *ART SHOW*

EXHIBIT APPLICATION

Show Dates: Saturday, October 8th, 10am to 6pm Sunday, October 9th, 10am to 4pm

Submit no more than 6 Entries Per Artist from the following media categories:

Ceramics, Drawing, Digital Art, Fiber, Fresh Flower Arranging, Jewelry, Mixed Media, Needlecraft, Painting, Photography, Printmaking, Sculpture, Silk Painting, Weaving, Woodcraft

*****Return Application to Activities Office No Later Than Friday, September 7th**

Print Clearly On This Form - Changes may not be accepted after submission.

Name: _____ Phone: _____

Unit Number: _____ E-Mail: _____@_____

CATEGORY (MEDIA)	TITLE	DATE Created	SIZE	PRICE * <i>If For Sale</i>

* NFS = Not For Sale, POR = Price on Request

Artwork check-in FRIDAY, OCTOBER 7th, 9 A.M. until Noon. Will not be accepted after noon.

Artwork Placement is at the discretion of those curating the Show.

Artwork Retrieval is Sunday, October 9th between 4 and 5 pm. (*Not earlier*).

Heritage Hills Society, Ltd. and/or The Art Show Committee are Not Responsible For Accidental Breakage or Theft of Any Artwork. If we collect any payment on your behalf for sale of your artwork, it will be given to you at the close of the show. Security will be provided for all entries.

I Agree to The Guidelines & Conditions on this form: _____

Artist's Signature

GUIDELINES FOR 2022 HH ART SHOW

Thank you to all participating artists. We appreciate and respect your work. In return, we ask you to respect our guidelines.

FRIDAY CHECK-IN:

- Bring most artwork through the front entrance of the Heritage Room.
- Bring heavy artwork or stone sculpture through the side door of the Heritage Room - staff will assist you.
- Frames must be in sound condition to hang.
- **Obtain a receipt card for each artwork you submit at check-in table. You will need to show these cards at checkout.**
- ALL exhibitors Must Be Residents of Heritage Hills of Westchester.
- EVERY artwork must have attached ARTIST'S NAME, PHONE and UNIT NUMBER (On back if hanging; on bottom or back for all others).
- Work must be approved by the Show committee as ready to display.

WE CANNOT ACCEPT:

- HANGING ART Unframed or on matte board, without hanging loops or wire (should be about 6" from top of frames), must be securely affixed to the back of any Artwork to be hung.
- Artwork in damaged frames; with serrated hangers; or string taped to the back.
- NO wet paint, broken glass, dangerous protrusions, etc. are acceptable.
- Work larger than 36" wide X 36" high (exceptions may be considered with ADVANCE NOTICE)

FRIDAY SETUP:

Only members of the installation committee are permitted in the Heritage Room on the day of setup. Please respect this rule.

SUNDAY CHECKOUT:

Show your receipt card for the artwork you exhibited, or a paid receipt for any purchased artwork.

Any Questions? Please contact Activities at 276-2636



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RAINA LEFKOWITZ AND TEDDI MELTZER, CO-CHAIRS OF THE CONCERT SOCIETY

Text and photo by Shirley Kesselman



RAINA was raised in a musical family. Her mother was a Julliard graduate and accomplished pianist. While growing up, Raina took piano and cello lessons. As a teenager she attended the High School of Music and Art. "There I was immersed in all the arts," she says. She chose to major in art. Her collages have been displayed at the Heritage Hills art shows.

Raina has played cello in both school and community orchestras. However, now she says, "I am a listener, one who appreciates music. I no longer play."

As an adult Raina taught high school English and Social Studies. With her husband, Jerry, Raina moved to Heritage Hills from Pleasantville. They felt there was nothing comparable. Further, it was close to where they had raised their family, and convenient to the Bronx, where Raina still taught. The Lefkowitzes have two children and four grandchildren.

Raina was asked to join the Concert Society board by Henrietta Axelrod, the group's founder. When the group's latest president moved away from Heritage Hills, Raina agreed to co-chair the Concert Society with Teddi Meltzer.

TEDDI began listening to music as a baby because WQXR was always on the family's radio. She grew to love classical music. Between the ages of 10 and 16 she played the violin and became a member of the Thomas Jefferson High School orchestra.

Twenty years ago, Teddi, a retired English teacher, moved with her husband, Stanley, to Heritage Hills from Long Island. "We had visited here and found it beautiful," she explains. They rented for over a year before buying a unit, to make sure this area would suit them. It did. Teddi has two children and two grandchildren. Recently, Stanley passed away.

Teddi and Stanley began attending the Heritage Hills Concert Society programs shortly after arriving here. They quickly became subscribers. Now a board member, Teddi says, "I've done anything that's necessary – from collecting money to purchasing flowers." Together with Raina she has written program notes. This season she accepted the responsibility of Co-Chair.

A devoted Board works with the Co-Chairs to make concerts successful. Tasks include selecting and engaging artists, designing the programs, and publicizing the concerts.

The motto of the Heritage Hills Concert Society is "The best classical music value in Westchester and beyond!" World-renowned musicians who have played at Lincoln Center, Carnegie Hall, Caramoor, and Tanglewood have been guest artists. The season consists of four concerts, one each in September, October, May and June. Single admission is \$23. Subscriptions are priced from "Angel" at \$250 down to \$80. All concerts are held in our Heritage Room on Sunday

afternoons. See the COMING EVENTS section of this Newsletter for upcoming dates and times.

* * *

DOES YOUR HOT WATER HEATER NEED REPLACING?

By Karl Milde

A good friend of mine, a resident here in Heritage Hills whom I'll call "Joe," had a hot water heater that burst. It didn't just leak. It actually burst and all the hot water in the tank spilled out at once. When that happened, the cold-water supply line kept flowing, trying to fill the empty tank, until Joe came home and closed the water inlet valve.

But the damage was done. Water had soaked the floorboards, swelling them, and had even damaged the supporting joists below. Joe and his wife had to move into a hotel for two weeks while their contractor tore out and replaced all the damaged woodwork. Total cost, including replacing damaged furniture: \$42,000 which, thankfully, was covered by insurance. Joe asked that I share his experience with readers of this Newsletter.

The hot water heaters in our units hum quietly, working away day and night, and the hot water just keeps flowing. We tend to forget about them until...

I rushed home after hearing Joe's story and opened a panel in the back of a clothes closet to access my own hot water heater, which I hadn't looked at since my wife and I moved here four years ago. Near the top of the tank, in bold black ink, were the numbers "6-20-2010." My tank was installed over twelve years ago.

There are two types of water heaters: gas and electric. Gas water heaters are more economical because of the lower cost of natural gas, but they don't last quite as long as electric water heaters. It is recommended that a gas water heater be replaced six to eight years after installation. For electric hot water heaters, as mine was, should be replaced between eight and ten years from installation. Although most heaters last somewhat longer, as did mine, the longer you wait the greater the risk of that dreaded leak, or worse.

If you can't find the installation date of your hot water heater, you can find out the date of its manufacture by finding the three alphanumeric characters preceding the serial number: a letter representing the month (the sixth letter of the alphabet, F, for June) and two numbers representing the year (11 for 2011). So, F11 means June 2011.

You should replace your hot water heater right away if either the tank or your hot water shows signs of rust or if you hear rumbling noises as the water heats up. If the water is not sufficiently hot, the problem may be a broken heating element which can be replaced without replacing the entire tank. Only a licensed plumber can diagnose the problem and tell you how much he or she will charge to fix it.

So, if you have no idea when your hot water heater was installed, please check it now! It just might be getting ready to blow.



HEALTH & SAFETY COMMITTEE

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Submitted by Peggy DeGasperis, RN

What is a PSA test?

The PSA test is a blood test used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigen (PSA) in your blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate gland, a small gland that sits below the bladder in males.

Should I have a PSA test?

Yes. Prostate cancer is the most common form of cancer in men, besides skin cancer, and 40 percent of cases hit men before age 65.

Are certain men more susceptible to prostate cancer?

Yes. Black men have double the risk of dying from prostate cancer and tend to get it at a younger age. Having a father or brother with prostate cancer also doubles your risk.

Should I be frightened if my PSA is elevated?

No. Most men with elevated PSA don't have cancer, and only 25 percent of biopsies find cancer.

Is there any good news?

Yes. Nearly 99 per cent of prostate cancer cases are treatable if they are caught early.

So, have your test if your doctor recommends it and know that you are doing all you can to stay healthy.

References:

Prostate Cancer Awareness Month | Prostate Cancer Foundation (pcf.org)

M. Zimmerman.

AARP The Magazine, April/May 2022



IT'S LIKE BEING IN HIGH SCHOOL AGAIN

By Karen Korman

To get out of the oppressive heat of The City, Barry and I had been renting summer houses for years – everywhere from Kingston to Woodstock. Always fun, but isolated.

In 2020, in the midst of the Covid debacle, we started looking around for something more permanent – every house we had previously rented had its glitches.

Then we found Heritage Hills.

We're here just over a year and we pinch ourselves daily to think how lucky we are. I would never have imagined a community as welcoming as this.

Pickleball has been life altering. It has become addictive, not only because it's so much fun to play, but it's as much about the community and the social structure - or lack thereof. Everyone is generous with their time and helpfulness. There's a lack of attitude of the better players, and willingness to play with beginners and point out where

we could improve – and we have. I've gone from an absolute beginner to League participation in three months, thanks to the clinics and the openness of the other players.

It's been amazing to have developed a new group of friends at this point in our lives. Who knew that that's possible in the third half of your life? But it's so much more – as New Yorkers from The City, it's provided the outdoor experiences that we crave as well as a whole new year-round lifestyle.

We're loving every moment we're here – it's like being in high school again, but without the angst.



THE WAY IT USED TO BE!

By Stan Herz Pearlman

Things simply aren't the way they used to be. My father said it, I say it, and one day my kids will say it. Of course, technology has changed the way we interact, but that is just in recent years.

The more subtle changes have come not from the digital world, but from a shift in our conventional norms of what is now acceptable. Here are a few examples, and I am sure readers can think of more.

The first fast food restaurant was Horn & Hardart. What could be quicker than dropping some coins into a small window on a wall and instantly receiving lunch! You ate on actual plates at a table, and attendants in white jackets would walk around and pick up the empty dishes. When did it become necessary for us to clean up our own dishes?

The green push is toward electric vehicles. Whatever happened to the electric trolleys and buses we already had in major cities? Where did they all go?

When did it become expected to tip for counter service? Will it be any faster if you leave extra money?

A cup of coffee was simply that, and all the same price. When did it become a costly designer product?

For those who brewed it at home, coffee cans were a pound. When did a pound become 12 ounces?

Whatever happened to the milkman delivering directly to your home milk box? People still drink milk.

Gas stations used to service cars. When did the repair facilities turn into grocery stores? Whatever happened to Milton Berle's *Man from Texaco* who washed the windshield?

TV used to advertise cigarettes, and pharmaceuticals were off limits so your doctor had to tell you what you needed. Now cigarettes are off limits and drugs are allowed so you can tell your doctor what you need.

Speaking of doctors, they used to have specified office hours when you just showed up. Why do you now have to make appointments months in advance?

And for those who don't recall any of this, that is the way it used to be!

FORWARD HEAD POSTURE

By Dr. Louis E. Bisogni, DC, CCSF

Do you suffer from neck pain, headaches, upper back pain, or pain in your arm?

If so, it could have to do with FHP or Forward Head Posture. By age 35, more than six out of ten people will be diagnosed with this condition, and it is increasingly affecting our teenage population. Due to the explosive growth of smartphones, laptops, and tablets, the number of people suffering from FHP has dramatically increased. Users hunch over for hours without a break.

When you hunch, the load on your neck increases: instead of just supporting the weight of your head, which weighs 10 to 12 pounds, your neck has to deal with 40 to 60 pounds. Unfortunately, when looking down at your phone, your neck tilts forward 40 to 60 degrees and that is the equivalent of a three-year-old child sitting on your neck each time you text, etc. on your smartphone.

Some tips to improve neck posture:

1. Look in the mirror, analyze your posture, and try to correct it.
2. When looking at your phone, keep your head in the neutral position – bring the phone to your face, not the other way around.
3. Adjust your computer screen to be directly in front of you, at or slightly below eye level. Even keeping your head turned ten degrees for a short period to look at a screen will affect your neck.
4. Every 50 minutes, stand up and stretch your neck.
5. Do simple neck exercises every day.

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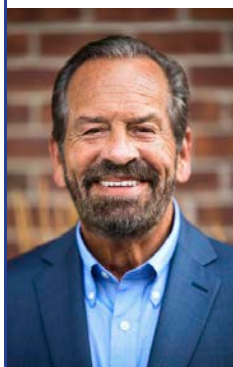
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A NEW SEASON

By Adelaide B. Shaw

the empty pool
rippling in the wind
first day of school

autumn equinox
playing outside
five o'clock shadows

an armful of fall
not knowing wildflowers
from weeds

forecast for frost
lugging plants inside
to babysit

apple orchard
the tart-sweet taste
of memories



By Cheryl Milde

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Q: How can I adapt my holiday traditions to celebrate the life of my loved one?



Anthony Guarino
Funeral Director

A: Some of the many ways to consider include offering a toast in their honor before dinner, paying a visit to their favorite spot in town, or donating an act of charity in their name. Seek the support of others as you try new ways to keep your loved one's memory alive during this special time of year.



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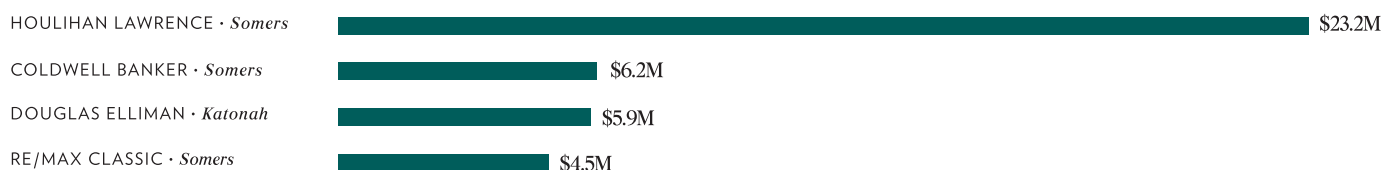


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Source: HGMLS, 1/1/2022 – 07/31/2022, Condominiums, total volume sold by office, city/town Somers

THE BOOK SHELF

By Cindy Kennedy

The lazy, languid end of summer is the perfect time to dive into a brisk British murder mystery while lounging by the pool. *The It Girl*, best-selling English author Ruth Ware's new whodunit, is one such guilty pleasure.

The It Girl begins with Hannah Jones, happily married and expecting her first child, working in a bookstore in Edinburgh, Scotland. Hannah had won a scholarship to study English literature at Oxford with the hopes of becoming a professor. However, she left the university without obtaining a degree after her roommate April Clarke-Cliveden was tragically killed. The conviction of John Neville, a porter in the girls' dorm, was largely based on Hannah's testimony at his trial.

As first-year Oxford students, Hannah had been assigned to share a dorm suite with April. Hannah was from a working-class family, while April was wealthy, confident, and glamorous: "She had the kind of beauty that hurt your eyes if you looked at her too long, but made it hard to tear your gaze away...as if a different kind of light were shining on her."

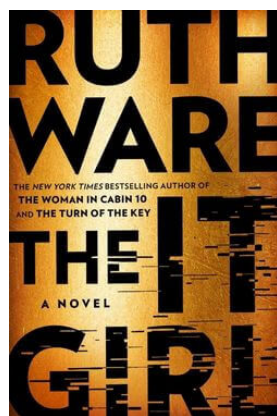
With her magnetic charm, April quickly drew a group of close friends into their circle including handsome, affluent Will de Chastaigne and his socially awkward pal Hugh Bland, who was studying medicine. Rounding out their clique was left-leaning Ryan Coates and quick-witted Emily Lippman, aiming for a career in mathematics.

Beneath April's charisma, however, was a mischievous side. The beautiful flirt often played practical jokes on her friends, much to their displeasure. April's hold on the group was so powerful, nevertheless, that her pranks were often forgiven. Hannah, the one friend April never targeted, was fiercely protective of her roommate, and she was devastated by April's murder.

Ten years later, Hannah is content with her quiet life in Scotland. But her calm world is upended when she's informed that John Neville has suddenly died in prison, putting "It Girl Murder" in the news again. Neville apparently had maintained his innocence to the end, and his lawyer was looking into new evidence. A reporter delving into the case tracks Hannah down, forcing her to confront her past friendships and to question the testimony she had given at Neville's trial.

In the mode of Agatha Christie, Ruth Ware scatters clever clues throughout *The It Girl*. For arm-chair sleuths, *The It Girl* indeed is a cool diversion on a hot, late summer day.

(Note: *The It Girl* is part of the Heritage Hills Library and Somers Library collections. For a list of new books at the Heritage Hills Library, see page 12.)



HOW DOES YOUR GARDEN GROW? IT'S TIME TO ORDER DAFFODIL BULBS, AND TULIP BULBS, TOO!

By Karl Milde

Here's a gentle reminder for those of you who plan ahead (you know who you are!): It's time to order or pick up your daffodil bulbs for planting in October.

Imagine Spring. Now imagine spring without forsythia and, yes, without the daffodils. You can't!



By Sue Shea

You can never plant too many daffodils. Get your bulbs, plant them in the ground, and enjoy the flowers in the spring. There are quite a few varieties, so you'll have to choose. You can plant them in a new area or add daffodils to areas you've previously planted. You can even add tulips, but we'll get to that shortly. Just know that the possibilities are endless.

Here's a simple tutorial for planting your daffodils:

1. Go online, select a grower, and look at the beautiful daffodils they have to offer;
2. Select the variety(ies) of daffodils you like best and order the bulbs, or look for them at garden centers starting this month;
3. When the bulbs arrive, place them in a paper bag or box, and store them in a cool dark place (a closet or your garage would be a good spot);
4. Come late October, when the daytime temperature has dropped below 60 degrees (they need to be cool to hibernate for the winter) plant the bulbs 4" to 6" apart (they don't like to be crowded) with their pointy stems aimed upward, sufficiently deep so that these stems are covered with about 2" of soil;
5. Soak the soil with water;
6. Cover the soil with a layer of mulch so it will retain moisture longer;
7. Water again twice: one week later and two weeks later; and
8. Having put them to bed, leave your bulbs alone to sleep through the winter.

In the spring your bulbs will awaken. You'll see green shoots poke up above the surface. The spring rains should provide the necessary water, but if it doesn't rain for a couple of weeks, act as their Rain God and soak them once or twice. Soon after, the green shoots will mature into beautiful daffodils. What a wonder of Mother Nature!

If you are a fan of tulips (as I am), you can follow the same eight steps to plant tulip bulbs. But be forewarned: Unlike daffodils, which deer absolutely avoid due to a toxin they contain, they love the taste of tulips. So, you will need to spray them every other day with a deer repellent.

That's all there is to it! So, like the title of this article says, it's time to order the daffodils. And tulips too!

FIT-BITS

By Mary Tedesco

THE PROBLEM WITH HOLDING ONTO THE HANDRAILS ON THE TREADMILL

When you hold onto the treadmill handrails, it:

1. Ruins your posture if your arms are forward, which rounds your back.
2. Creates an uneven body alignment.
3. Does not help you build balance – actually does the opposite.
4. Reduces the number of calories burned.
5. Reduces the effects of any incline you are using.
6. Is not good for the treadmill itself because it creates a drag.

If you are uncertain and need to hold on in the beginning for safety reasons, then do so, but if you are walking at an incline at a good clip and are holding on, doing so actually holding you back!

Some tips to think about:

- Go at a slower speed and adjust your posture – shoulders bac, chest lifted – and think about keeping your core muscles tight.
- Focus on your posture.
- Focus on your balance.
- Try not to support your body weight with your arms.
- Always use the safety clip.
- Any time you feel unstable, grab the handles with a light touch.

Thinking about these tips while on the treadmill will help you to develop better balance, posture, and ability!



Thought for Food

SPICY CITRUS SKIRT STEAK

Submitted by Pat Headen

Time: 30 minutes plus grill heating

Yield: 4 servings

INGREDIENTS

- 1 1/2 pounds skirt steak
- 8 tangerines, satsumas, or mandarin oranges, washed and halved horizontally.
- 6 tablespoons unseasoned rice wine vinegar
- 6 tablespoons low sodium soy sauce
- 1 tablespoon sambal oelek or Sriracha, plus more as needed
- 1 1-inch piece of ginger, peeled and finely grated (about 1 tablespoon)
- 1 garlic clove, finely grated
- Kosher salt and black pepper
- Neutral oil, such as grapeseed

PREPARATION

1. Heat a grill to high. While the grill is heating, pat the steak dry and cut, with the grain, into 5- to 6-inch pieces. Set it aside on a sheet pan to air-dry while you make the sauce: Squeeze 1 cup of juice from the tangerines into a bowl or dish large enough to hold the steak after it's grilled. Put the remaining tangerine halves on a sheet pan. Add the spent tangerine halves to the juice and smash the halves with a spoon to release the rinds' oils. Add the rice vinegar, soy sauce, sambal oelek, ginger, and garlic and season with salt and pepper, then stir to combine.
2. When the grill is ready, add the steak to the sheet pan with tangerine halves and lightly coat everything with neutral oil and season generously with salt. Oil the cleaned grill grates. Grill the steak and tangerine halves over direct heat flipping halfway through until well browned – 2 to 3 minutes per side,
3. As the steak and tangerine halves finish cooking, add them to the sauce and turn to coat. Squeeze the charred tangerine halves to release the juice into the dish. Let rest at least 5 and up to 30 minutes. Slice the steak against the grain and serve with the sauce. Season to taste with salt, pepper, and sambal oelek.

NOTE: You can dry-brine the steak in advance, seasoning the meat and locking in the juices, as follows: Pat the steak dry, season with 1 teaspoon of salt, and refrigerate uncovered overnight. Let it come to room temperature before cooking, and don't salt before cooking.

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By Elizabeth Royston

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	2022	2021	2020	2019
TOTAL SOLD	102 (\$276,000-\$875,000)	73 (\$275,000--\$725,000)	57 (\$227,500-\$670,000)	85 (\$247,000-\$725,000)

Various units sold by MLS agents from January 1 to August 10, 2022

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AMHERST	\$451,000			RADCLIFFE	\$525,000; \$480,000
				SUFFOLK	\$359,000

2 BEDROOM

ARMONK	\$465,000; \$479,000; \$495,000; \$578,000; \$500,000; \$515,000; \$432,500; \$480,000; \$495,000; \$615,000; \$509,000	CORTLAND	\$475,000	SALEM	\$497,500; \$606,000; \$501,000; \$525,000; \$517,000; \$625,500
BEDFORD	\$505,000	FAIRVIEW	\$520,000; \$635,000	SOMERS	\$450,000; \$559,000
CANAAN	\$472,500; \$485,000; \$560,000; \$570,000	HAMILTON	\$470,000	STRATFORD	\$525,000; \$535,000; \$475,000; \$625,000; \$491,000; \$525,000; \$485,000; \$530,000; \$620,000
COLGATE	\$525,000	HANOVER	\$600,000		
CONCORD	\$512,500; \$465,000; \$485,000; \$425,000; \$557,570	HARVARD	\$720,000; \$675,000	STRATFORD II	\$530,000
		JACKSON	\$425,000; \$399,000	WELLSLEY	\$620,500
		KATONAH	\$576,000		
		LINCOLN	\$352,500; \$410,000		
		LITCHFIELD	\$393,025		
		MONROE	\$459,000; \$455,000		
		PRINCETON	\$579,000; \$650,000		
		RIDGEFIELD	\$579,000; \$507,000		

3 BEDROOM

COLUMBIA	\$785,000; \$875,000	JEFFERSON II	\$655,000	SHERMAN II	\$740,000; \$699,000; \$782,500; \$750,000
CROTON I	\$575,000	SHERMAN I	\$560,000; \$660,000; \$710,000; \$563,000; \$631,000; \$633,000; \$695,000	YORK	\$470,000; \$525,000
CROTON II	\$645,000; \$640,000; \$650,000				
JEFFERSON	\$450,000; \$520,000				

MEADOWLARK TRAILS & PARK PLACE

Please get a new map and information folder about
Meadowlark Park when the Welcome to Heritage Hills event takes place:
September 10, 2022 — 3 to 5 PM

If you have any questions or would like to know about sales for your particular unit,
please do not hesitate to contact me: Cell: 914-420-1850 or

Email: mlowenfeld@houlihanlawrence.com

Thank you, Marti

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